

# ALABAMA'S

A PUBLICATION OF THE ALABAMA DEPARTMENT OF PUBLIC HEALTH

# HEALTH

VOLUME 38

NUMBER 5

FEBRUARY 2005

## Health Department achieves 'perfect audit' of property in 2004

**A**labama State Auditor Beth Chapman and Gov. Bob Riley recognized the department for completing a "perfect audit" in its 2004 property inventory report, and presented certificates of commendation to Dr. Donald Williamson and Property Inventory Manager Austin Thompson.

In recognition of achieving the perfect audit, Thompson was praised for his "professional knowledge, competency and desire to succeed."

The property inventory team is responsible for the inventory and management of over 13,000 items of equipment valued at \$28,025,000. During 2004, the department acquired 1,474 new items of equipment valued at \$3,124,000 and disposed of 2,826 items valued at \$4,657,000. The department was able to account for all equipment items.

Leon Barwick, director of the Bureau of Information Services, said, "Austin Thompson and his property team did a great job and went with the state auditors to every ADPH site during the audit. The Computer Systems Staff was also involved in locating a lot of the computer equipment."

Mike Hassell, director of the Logistics Division, credited property managers at all levels with doing an excellent job in verifying that equipment is accounted for in the 167 different public health locations throughout the state.

He especially thanked the following Computer Systems Center personnel: Roy Case, James Coley, John Dews, Gene Hill and Russell Kelly for their help in

identifying and locating computer equipment.

Hassell formerly worked with the State Auditor's office and audited many other state departments, large and small. He said that the Alabama Department of Public Health's property inventory system is "the best I've ever seen."



Property inventory team members shown are, front row, left to right, Alfreda Arrington, Amy Rogers, Genevieve Moore; second row, Jane Ellen Taylor, Mike Hassell, Andra Jackson and Austin Thompson.

# Go Red for Women



**T**he American Heart Association, the Alabama Hospital Association, the Alabama Department of Public Health, and others participated in a public awareness event called, “Go Red for Women” on Feb. 3. The observance, held at the State Capitol, called attention to the problem of heart disease in women. Shown are, left to right, Rosemary Blackmon, Alabama Hospital Association; Don Ball, administrator, Jackson Hospital; Sharon Massey, regional director, American Heart Association; Dr. Donald Williamson, State Health Officer; Monique Cunningham, American Heart Association; Janice Cook, director, Cardiovascular Health Branch.

## Alabama Department of Public Health

### Mission

To serve the people of Alabama by assuring conditions in which they can be healthy.

### Value Statement

The purpose of the Alabama Department of Public Health is to provide caring, high quality and professional services for the improvement and protection of the public’s health through disease prevention and the assurance of public health services to resident and transient populations of the state regardless of social circumstances or the ability to pay.

The Department of Public Health works closely with the community to preserve and protect the public’s health and to provide caring quality services.

# ALABAMA’S HEALTH

*Alabama’s Health* is an official monthly publication of the Alabama Department of Public Health, Bureau of Health Promotion and Chronic Disease. If you would like to receive the publication or wish to submit information for future articles, please telephone requests to (334) 206-5300. Articles may be reprinted provided credit is given to the Alabama Department of Public Health. The department’s Web site is <<http://www.adph.org>>

Donald E. Williamson, M.D. . . . . . State Health Officer  
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Informational materials in alternative formats will be made available upon request.

# Alabama joins CDC to spread the message about colds, flu and antibiotics

The department's Antimicrobial Resistance Program, is collaborating with the Centers for Disease Control and Prevention to help build awareness of the appropriate use of antibiotics.

*Get Smart: Know When Antibiotics Work* is a national public education campaign to assist Americans become better informed about antibiotic treatment, especially during the cold and flu season. Smart use of antibiotics is the key to controlling the spread of resistance. CDC's national campaign for appropriate antibiotic use has two objectives: reduce inappropriate antibiotic use and reduce the spread of resistance to antibiotics.

The campaign's key message is a basic medical fact: antibiotics do not effectively treat colds, flu and other viral illnesses. Antibiotics do not kill viruses, make patients with viral infections feel better, yield a faster recovery or keep others from getting sick. State and county health departments nationwide are joining forces to promote the campaign throughout their local communities.

"Recent research tells us that most Alabamians don't understand that antibiotics kill bacteria, not viruses," said Dr. Donald Williamson, state health officer. "People go to the doctor expecting to get antibiotics for a sick child or themselves. Many times, a prescription for antibiotics is the wrong course of treatment."

Tens of millions of the antibiotics prescribed in doctors' offices are for viral infections that are not treatable with antibiotics. Doctors cite diagnostic uncertainty, time pressure and patient demand as the primary reasons for this over-prescription.

"Antibiotics are powerful drugs that can work wonders when you need them for bacterial infections," said Dr. Williamson. "But please do not insist on antibiotics when your doctor says you have a virus, such as a cold or the flu."

Taking antibiotics when they are not needed creates additional health risks. Patients with viral infections are not getting the best treatment for their condition. In addition, widespread inappropriate use of antibiotics is fueling an increase in drug-resistant bacteria and threatens widespread drug-resistant illness.

Over the past decade, almost every type of bacteria has become less responsive to antibiotic treatment when it is needed. These antibiotic-resistant bacteria can quickly

spread through a community, introducing a new strain of infectious disease that is more difficult to cure and more expensive to treat.

Antibiotic resistance is one of the world's most pressing public health problems. Americans of all ages can lower this risk by learning about appropriate antibiotic use and taking antibiotics only when they are needed. In addition, CDC advises Americans not to save some antibiotics for the next time they get sick, and not to take an antibiotic that is prescribed for someone else.

According to the CDC antibiotic resistance is also a major contributor to the disease, death and costs resulting from hospital-acquired infections. Each year nearly 2 million patients in the United States get an infection as a result of receiving health care in a hospital. These hospital-acquired infections are often difficult to treat because the bacteria and other microorganisms that cause them frequently are resistant to anti microbial drugs. Overall, 70 percent of the bacteria causing such infections are resistant to at least one of the drugs most commonly used to treat these infections. One report placed the annual costs of antimicrobial resistance among a single pathogen (*Staphylococcus aureus*) at \$122 million.

In 2004, the CDC began looking at a mechanism for highlighting specific medical practices such as appropriate antibiotic use by managed care plans. The most widely used system of performance measures, the Health Plan Employer Data Information Set, was used to raise public awareness and improve medical practice. Two measures were developed from this which include appropriate treatment for children with upper respiratory infections and appropriate testing for children with pharyngitis. Outcomes of these measures are reported to the National Committee for Quality Assurance.

The health department is working with parents, physicians and infection control nurses statewide to promote the *Get Smart: Know When Antibiotics Work Campaign*.

# New distance learning technology: WebCast and Video Conferencing

**T**he Video Communications and Distance Learning Division of the Bureau of Health Promotion and Chronic Disease continues making strides in distance learning and conferencing.

WebCast technology now provides opportunities for participation in department programs through the Internet. For example, news conferences held in the division's studio are transmitted to Alabama media by satellite and simultaneous webcast allowing print and radio journalists access to the news conferences via computer technology. Reporters can view the news conference as well as access the written news release and other materials prepared for the conference.

These department news conferences and select educational programs can also be viewed on your computer. Satellite conferences and select educational programs are also available for what is commonly known as "on-demand viewing." This allows viewers to see the programs from their own personal computers anywhere and anytime. These are now available from the division's Web site. The Web site home page is <http://www.adph.org/alphtn>.

Department employees needing assistance or experiencing technical difficulties should contact the Help Desk of the Computer Systems Center at (334) 206-5268 or their bureau or office contact person for computer assistance.

Land-based video conferencing is another method to assist with linking people in different locales to facilitate small training groups and meetings. "Through a cooperative agreement with the University of South Alabama, the department now has one video conferencing system at the RSA Tower that allows state office personnel to participate in important training and meetings that require two-way audio and two-way video," Michael Smith, division director, said.

The University of South Alabama provided and installed the equipment that connects the department to ViaNet (Videoconferencing in Alabama Network) and its 133 other sites. There is at least one system in every county, usually located at schools.

"This technology reduces travel costs and increases productivity," Smith said. Bureau director Jim McVay, Dr.P.A, compared the two-way communication to a "Hollywood Squares" format with up to nine views on the monitors or it can isolate the view to focus on only one



Land-based video conferencing is useful for conducting small training groups and meetings that require two-way audio and video.

site on each of the two television monitors. Participants can even present information from a computer including slides, spreadsheets or Internet sites.

The two-way system is situated in the RSA Tower's conference room 984. For more information or to schedule a conference, contact division staff at (334) 206-5618.

# Anita Sanford receives Lay Leader Award

**A**nita Sanford, R.N., Physical Activity Specialist with the Cardiovascular Health Program, Nutrition and Physical Activity Unit, was selected the 2004 recipient of the Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD) Angie Nazaretian Lay Leader Award.

This award was presented at the ASAHPERD fall conference awards luncheon on Nov. 11, 2004, at the Wynfrey Hotel in Hoover.



## Retirements

**T**he following public health employees retired effective Jan. 1:

**Georgia Corbell** - Tuscaloosa County Health Department

**Anic Lopez** - Division of TB Control

**Rebekah McInerney** - Sumter County Health Department

**Glenda Moors** - Madison County Health Department

**Carolyn Robinson** - Personnel

These employees retired effective Feb. 1:

**Lucille Cumming** - Immunization Division

**Shirley Mapp** - Bureau of Clinical Laboratories

**Margretta McCoy** - Bureau of Home and Community Services

**Maxie McFarland** - Bureau of Home and Community Services

**Donna Moore** - Limestone County Health Department

**Barnell Morris** - Tuscaloosa County Health Department

**Nettie Payton** - Chilton County Health Department

**Gloria Perry** - Madison County Health Department

**Jo Roten** - Bureau of Clinical Laboratories

# Event urges education, involvement and testing for HIV/AIDS

Montgomery was one of the more than 60 cities in the nation which participated in National Black HIV/AIDS Awareness and Information Day on Feb. 7. This year's theme was "Get Educated, Get Involved, Get Tested."



State Rep. Laura Hall of Huntsville wears a black "Got AIDS-how do you know?" T-shirt as she speaks.

In Montgomery, East Central Alabama HIV Prevention Network, a coalition of universities, service agencies and faith organizations, held an HIV awareness event to draw

attention to HIV/AIDS in the black community which was attended by high school and college students and local outreach leaders. Many wore black T-shirts with the message "Got AIDS-how do you know?"

Gwen Lipscomb, director of the Minority Health Section of the Office of Primary Care and Rural Health Development, moderated the two-hour program which included an anthem, meditation, greetings, speakers and concluded with a march to the State Capitol.

"We have a unique challenge in that we are preaching to the MTV generation," said the Rev. Zack Pettway, associate minister of the historic Dexter Avenue King Memorial Baptist Church where the event was held. "AIDS is a serious, dreadful and deadly disease and is an issue for everyone; many new cases are diagnosed each year."

State Rep. Laura Hall said, "The calamity is how fast the disease is growing in our community. Young people are the reason for this day. It's important to get tested and to get involved in helping eradicate this disease."

The objective of the National Black HIV/AIDS Awareness and Information Day is to encourage individuals to become educated about HIV, to learn about how to prevent becoming infected, to get tested and to know his or her HIV status as well as get involved in advocating for the resources needed to fight the disease.



National Black HIV/AIDS Awareness and Information Day urges education, involvement and testing.

In 2003 blacks represented 70 percent of all reported HIV infections and AIDS cases in Alabama, even though the state's population is only 26 percent black. In 2003 black males made up 45.2 percent of all cases and black females made up 24.8 percent of all cases.

The epidemic significantly affects both men and women in the black community. In 2003 the rate of HIV/AIDS diagnosis for black males was six times the rate for white males. The rate of HIV/AIDS diagnosis for black females was more than 12 times that for white females. Black women made up 81 percent of newly diagnosed cases in 2003, among women.

Local service organizations and county health departments are available throughout the state for HIV testing, treatment services and referrals. For further information regarding locations and telephone numbers for service providers please contact the Alabama Department of Public Health HIV/AIDS Division at 1-800-228-0469.

# Good oral health for children begins earlier than age 3

**D**uring February, National Children's Dental Health Month, the Oral Health Division advises parents that a child's first dental visit should be at age 1 rather than at age 3.

Recent scientific findings have more clearly established tooth decay as an infectious disease process. Bacteria in the mouth that cause tooth decay are actually passed from the mother (or caregiver) to the child in ways such as through sharing eating utensils. The child colonizes these bacteria in his or her mouth at age 2, on average, with eruption of the primary teeth.

As a result, the American Dental Association, the American Academy of Pediatric Dentistry, and the American Academy of Pediatrics now recommend that a child's first dental visit be within six months after eruption of the first tooth, but not later than 12 months of age.

For the child who develops many cavities prior to age 3, a first dental visit by age 1 identifies these cavities early. This can prevent more costly and complex dental cases, including those which might require oral surgery. This recommendation is particularly important for low-income children. Nationally, approximately 18 percent of all children aged 24 months to 47 months have tooth decay

requiring fillings; among low-income children the figure is 30 percent.

Tooth decay in 3- and 4-year-old Head Start children in sites in Alabama has ranged from 25 percent to 80 percent. Approximately 80 percent of children less than age 3 have seen a physician, while only 15 percent of them have seen a dentist. Thus, primary care pediatric physicians are important partners in screening and referring children for early dental care.

"In the near future, good oral health for a child may begin with the mother," said Dr. Stuart Lockwood, director of the Oral Health Division of the Bureau of Family Health Services. "Studies are being conducted to help moms thought to be at high risk of tooth decay reduce the bacteria in their mouths—either during pregnancy or after delivery. These are bacteria that mom eventually passes to her child. If the bacteria causing tooth decay in the child can be reduced in the mother, the chance that the child will get many cavities can be reduced."

Remember, to maintain good oral health, brush with fluoridated toothpaste, floss, eat healthy snacks and ask a dentist about dental sealants at regular dental visits.

## Commendations

**H**ealth department employees who are listed here have received letters of commendation recently. To recognize other employees, please send letters through your supervisors or the state health officer to *Alabama's Health*.

### **Linda Bolding**

Center for Health Statistics

from Leon Poke  
Orlando, Fla.

### **Terry Brown**

**Danna Daughtry**

**Tammy Mashburn**

Bureau of Information Services

from Rick Harris  
Montgomery, Ala.

### **Bradley Grinstead**

Radiation Control

from John Kelliher, D.V.M.  
Montgomery, Ala.

### **Earlisha Johnson**

Center for Health Statistics

from Jacqueline Zeigler  
Millbrook, Ala.

### **Nick Moss**

**Michael Smith**

**Danny Williams**

Video Communications Division

from Carolyn Battle, M.S., R.D.  
Dianne M. Sims, R.N., B.S.N.  
Montgomery, Ala.

# Moderate physical activity helps people with arthritis

**T**he Alabama Department of Public Health reminds people with arthritis that there are still treatment options, and that moderate physical activity helps people self manage their disease.

Charles Thomas, director of the Pharmacy Unit of the Alabama Department of Public Health, said, “There are still effective medications available for the treatment of arthritis. For the most effective treatment for an individual, a person should contact his or her physician.”

Even without the use of medication, studies show that people can take actions to decrease the pain associated with arthritis. Moderate physical activity can be the arthritis pain reliever for the 42.7 million Americans who have arthritis, according to the Centers for Disease Control and Prevention. More than a million people in the state of Alabama have arthritis.

Physical activity helps people with arthritis by reducing joint pain and stiffness and increasing flexibility, muscle strength, fitness and endurance. Research shows that becoming more physically active can help people with arthritis feel less pain, move more easily and do more, feel more energetic and positive and keep their muscles, bone and joints healthy. In fact, lack of activity can actually make joints even more stiff and painful.

Most people who stay with a program of regular physical activity begin to feel better within four to six weeks. Low-impact activities at a moderate pace, such as walking, swimming and riding a bicycle, are recommended. Everyday activities such as dancing, gardening and washing the car are also good.

Walking helps improve energy and heart health. Swimming puts less stress on joints and also strengthens the whole body. Bicycling increases stamina. A stationary bike offers all the fitness benefits of outdoor riding without the traffic and other outdoor hazards.

Health experts advise people to start slowly and gradually work up to 30 minutes a day, three or more days a week. Some activities may be more comfortable by starting with gentle stretching.

Start and end activities at a slower pace to give the body the opportunity to warm up and cool down. Another benefit is that regular physical activity can contribute to a more positive mood, especially if family and friends are included in activities. A regular program of moderate physical activity should make it easier to do all kinds of everyday activities such as carrying groceries and getting in and out of the tub and the car.

The Alabama Arthritis Control Program’s mission is to

advance the health of Alabamians by improving the quality of life for those who have arthritis.

“Being able to work for a living, playing with children or grandchildren, doing chores around the house, or just maintaining independence, are among the concerns of people with arthritis,” said Linda Austin, director of the Arthritis Branch, Alabama Department of Public Health. “There are three evidence-based self-management programs that can help persons with arthritis relieve pain, stiffness, and disability associated with arthritis.”

One such program is the Arthritis Self-Help Course, which is a group education program on managing arthritis. The course is taught over a six-week period with one two-hour class each week. It offers the opportunity to share experiences with other group members and increases mobility by developing a personalized physical activity program.

PACE (People with Arthritis Can Exercise) is a specially designed exercise program for people with arthritis. The program consists of gentle activities to help reduce joint pain and stiffness and increase flexibility and endurance. PACE classes are usually held twice a week for eight weeks.

The Arthritis Foundation Aquatic Program is a water exercise program designed for people with arthritis and related conditions. Water exercise (hydrotherapy) is particularly good for people with arthritis because it allows exercise without putting excess strain on joints and muscles.

Information about local resources is available on the Alabama Department of Public Health’s Web site at [www.adph.org/arthritis](http://www.adph.org/arthritis) and class offerings are available by contacting the Arthritis Foundation, Alabama Chapter at 1-800-879-7896, or [www.arthritis.org](http://www.arthritis.org).

For more information, contact Linda Austin, Director, Alabama Department of Public Health Arthritis Prevention Branch, P. O. Box 303017, Montgomery, Ala. 36130-3017, e-mail, [laustin@adph.state.al.us](mailto:laustin@adph.state.al.us).

# One person's story of arthritis

Physical activity has become a regular part of Linda Austin's daily routine. Ms. Austin directs the department's Arthritis Branch, which encourages people with arthritis to engage in moderate physical activity to help themselves feel better.

"I have osteoporosis and had a hip fracture in 1996," Ms. Austin explained. "In addition, I have osteoarthritis of the ankle from a severe ankle fracture and degenerative joint disease of the spine."

After the hip fracture and the ankle fracture, she started physical activity by walking in increments of 10 minutes for five days and increasing the amount of walking time by five minutes after the five days. She now walks up to one hour every day. She is convinced that this regimen has helped maintain joint flexibility, improved bone health, and maintained pain relief.

"Because of the severity of the ankle fracture, my physical therapist and orthopedic surgeon thought I would have a limp when walking or else not be able to walk. After four months of therapy my physical therapist told me to go to the mall and walk every day. "

She started out only being able to walk a short distance and was limping badly with edema and pain of the ankle.

She kept walking through the discomfort and was able to walk without limping after several months. In time, she was able to walk around the outer circle of a shopping mall three times without pain or edema of the ankle.

"I know that I must walk every day," Ms. Austin said. "It is as much of my routine as brushing my teeth or eating. Without walking, I would be in pain and have disability. I had the support of my husband that made a difference during this process. He is my cheerleader and helper. I have not let this condition interfere with my life or my job."



Linda Austin walks to prevent problems.



Kay Batchelor is shown with Sue Daniel, left, at Mrs. Daniel's retirement party on Jan. 28. Mrs. Daniels worked as a home attendant for 11 years with Winston County Lifecare.

**Plan now for the  
49th Annual Public Health Association's  
Pre-conference Workshops  
April 20  
Education Conference  
April 21 - 22  
Bryant Conference Center  
Tuscaloosa, Ala.**

# Speaking of Retirement

## Identity Theft

### What is identity theft?

Identity theft is when someone obtains a person's identifying information, such as name, address, date of birth, Social Security number or mother's maiden name and uses it illegally. Armed with this information, an imposter can open new credit card accounts, drain your bank accounts, purchase automobiles, apply for loans, open utility services and on and on.

### Warning signs

Often there are no warning signs that identity theft has occurred. Some reasons for concern are:

- \* Your monthly credit card and bank statements suddenly stop arriving.
- \* You are denied credit for no apparent reason.
- \* You start getting bills from companies you do not recognize.
- \* Credit collection agencies try to collect on debts that do not belong to you.

### How to protect yourself!

- \* Never carry your Social Security card, Social Security number, birth certificate or passport, unless necessary.
- \* Do not put your address, telephone number or driver's license number on a credit card or sales receipt.
- \* Social Security numbers or phone numbers should not be put on checks.
- \* Identifying information should not be given over the phone or the Internet to someone you do not know or on a cellular or cordless phone.
- \* Shred all personal documents before placing them in the trash.
- \* Get a copy of your credit report every year.
- \* Keep a list, in a safe place, of all credit cards and bank accounts including account numbers, phone numbers and expiration dates. Only use your credit card on the Internet if it will be encrypted.

### What to do if you become a victim

- \* Keep records of all correspondence with the creditors and government agencies you contact. Include the date and name of the contact. Follow up all telephone contacts with a letter and keep a copy.

- \* Notify all creditors and financial institutions, in writing and by phone, that your name and accounts have been used without your permission. If an existing account has been stolen, ask the creditor or bank to issue you new cards, checks and account numbers. Carefully monitor the account activity on your statements. The Fair Credit Billing Act is a federal law that limits a consumer's responsibility for fraudulent charges to **\$50**.
- \* Immediately report the crime to the local police. Make sure to list the accounts on the police report and retain a copy for yourself.
- \* Report the crime to the Federal Trade Commission (1-877-IDTHEFT; [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft))
- \* Contact the frauds units of the three credit reporting agencies: Equifax 1-800-525-6285, [www.equifax.com](http://www.equifax.com); Experian 1-888-397-3742, [www.experian.com](http://www.experian.com); Trans Union 1-800-680-7289, [www.transunion.com](http://www.transunion.com).
- \* **To opt out of receiving pre-approved credit card offers, call 1-888-567-8688.**

For more information about identity theft visit the Call For Action, Inc. Web site at [www.callforaction.org](http://www.callforaction.org).

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Prepared by the Communications staff of the Retirement Systems of Alabama.

To have your questions answered in "Speaking of Retirement", please address them to:

Mike Pegues  
Communications  
Retirement Systems of Alabama  
135 South Union St.  
P. O. Box 302150  
Montgomery, Ala. 36130-2150

# The Alabama Public Health Association Inc. Announces the

## **Ira L. Myers Scholarship** Approximate Value \$6,000.00

In conjunction with the UAB School of Public Health, ALPHA announces the availability of the Ira L. Myers Scholarship. The scholarship is awarded to honor Ira L. Myers, former Alabama State Health Officer, for his 40 years of dedicated service to the citizens of the State of Alabama.

The Ira L. Myers Scholarship, funded by ALPHA and the UAB School of Public Health, supports one master's or doctoral candidate for two years of part-time study at the UAB School of Public Health. The scholarship is not intended to cover all costs related to the graduate experience. It does provide tuition and a monthly stipend to cover related expenses up to \$6,000.00.

Eligibility requirements for the Myers Scholarship include membership in the Alabama Public Health Association ([www.alphassoc.org](http://www.alphassoc.org)) and acceptance by the UAB School of Public Health to an advanced degree program.

**Completed applications** (the application process takes 2-4 weeks) for either the master's or doctoral program **must be received** by the UAB School of Public Health by **March 11, 2005**. To apply for the scholarship, request an application packet from:

**Linda Mosley**  
**UAB School of Public Health**  
**Office of Student and Academic Services**  
**Ryals Building, Room 120**  
**1665 University Boulevard**  
**Birmingham, Alabama 35294-0022**  
**Phone: 205.934.7179**

You can apply for admission on line at [www.uab.edu/publichealth](http://www.uab.edu/publichealth) and download a tuition assistance application to apply for the scholarship @ <http://images.main.uab.edu/isoph/Admissions/20032004finapp.pdf>.

Questions about admission to the UAB School of Public Health and the Ira L. Myers Scholarship should be directed to Linda Mosley.

February is Heart Health Month,  
AMD/Low Vision Awareness Month,  
National Children's Dental Health  
Month, Wise Health Consumer Month  
and Kids E.N.T. (Ears, Nose, Throat)  
Health Month.



# Calendar of Events

## February 13-19

National Child Passenger Safety Awareness Week

## February 17

"Now We Know. Do Something!" Tobacco Free Alabama 2005 Advocacy Conference, 9 a.m.-4 p.m., Heritage Baptist Church, Montgomery. For more information call (334) 324-7510 or log on to the TobaccoFree Alabama Web site at [www.tobaccofreealabama.org](http://www.tobaccofreealabama.org).



## February 18

10 Essential Services of Public Health: Moving from Abstract Ideas to Program Practice, (South Central Public Health Training Center), 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.



## February 22

Behavioral Obesity Treatment, (South Central Public Health Training Center), 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.



## February 24

Heart Disease: The Number One Health Problem for Women, Public Health Staff Development, 9-11 a.m. For more information contact Michele Jones, (334) 206-5655.



## March 2

Postponing Sexual Involvement: Abstinence Counseling and Education, 2-4 p.m. For more information contact Annie Vosel, (334) 206-2959.



## March 10

Clinical Perspectives on Diabetes, 2-4 p.m. For more information contact Debra Griffin, (334) 206-2066.



## March 16

Home Health Aides and Home Attendants, 2-4 p.m. For more information contact Brenda Elliott, (334) 347-2664, extension 402.

## April 4-10

National Public Health Week. This year's focus will be on healthy aging and will be dedicated to empowering Americans to live stronger, longer.



## April 6

Public Health Staff Development, 2-4 p.m. For more information contact Michele Jones, (334) 206-5655.



## April 7

Public Health Statewide Staff Meeting, 3-4 p.m. For more information contact Video Communications, (334) 206-5618.